

CARE SHOULD BE USED IN EATING CANNED GOODS

Only Well Known, Reliable Brands Should Be Bought and These Should Be Washed Before Eaten.

BY LORETTA C. LYNCH.

Authority on All Matters Pertaining to Household Management.

A number of letters have come to me asking about canned goods. One reader writes: "I have a chance to purchase some canned goods at a very reasonable figure, and, considering the high cost of fresh fruits and vegetables, I am tempted to buy this well-known brand of canned vegetables. Yet only recently I read in the daily paper of two persons who were poisoned and died because they had eaten canned spinach. I shall appreciate your advice."

The letter has been answered, but I feel that the question of canned foods is not of a casual nature. It is in the mind of every conscientious woman who is responsible for the food and health of her family.

In the first place, limit your choice of canned foods to only reliable brands. In general, the firms that export to the United States are usually ready to stand behind them. Some canning firms go into business for the season, and then make as much money as possible out of the five-month enterprise. But these firms do not advertise. Moreover, reliable advertising mediums would not accept their advertisements until acquainted with the quality of their product. Therefore, it is best for the housewife to stick to the well-known brands.

Should be Aired Well. As soon as a can is opened, its contents should be immediately transferred to an earthen or enameled dish. This prevents one of the most common causes of food poisoning, the exposure to the fresh air while the food is being heated. It is also to be remembered that the oxygen lost in canning. This gives it that highly prized fresh flavor.

Peas that are returned into a strainer and rinsed with cold water and then allowed to air on a shallow dish, may be reheated in a very little water, then drained and seasoned when they will be taste much like fresh peas.

Canned corn cannot be rinsed very well, but it may be aired. Even canned tomatoes should be aired to improve their flavor. Canned asparagus that is rinsed and well aired tastes much like the fresh and somewhat more expensive fresh asparagus.

Some brands of canned crab meat

and lobster are put up very carefully in parchment-lined tins. The canning is done right at the water's edge, where the product is at its best. Yet very few women get all the possibilities out of canned crab or lobster. But try this:

Carefully remove the contents of the can into a strainer and rinse it with fresh running water. Spread it on a shallow dish and let it absorb air for three hours. And then make it up into a salad or any other dish. Even connoisseurs have assured me that they could readily tell it was not canned, but fresh from the sea.

But you are waiting for me to say something about botulism, the poison that once in a great while forms in the most carefully canned vegetables. Even those canned at home under the most perfect supervision is not always free from this rare and little known form of poison.

Bull for Twenty Minutes. Have you ever stood in a physician's or dentist's office and watched him sterilize his instruments? No matter upon whom he has been using these instruments, nor what diseased tissue they have come in contact with, he makes them ready to use on the next patient.

This, then, is the point that the housewife may well bear in mind. The contents of every can of vegetables should be subjected to twenty minutes of boiling—very gentle boiling, perhaps, but not simmering, red 212 degrees Fahrenheit. If the vegetable is to be eaten cold it may be chilled later.

And so, if you see a bargain in canned vegetables, if the brand is a reliable one and you remove the contents at once, air it and then boil it as directed, you are as safe in eating it as any meal you can buy.

INSECTS MAY BE USED AS WEAPONS IN NEXT WAR

Use of Mosquitoes, House Flies, Lice and Others to Discourage Enemy.

LONDON, May 15.—Mobilization of the mosquito, the house fly, the louse and various other winged creatures for the dissemination of deadly germs in enemy territory is a possibility of the next war, according to Professor Maxwell Lefroy, a scientist.

I once the mosquito from Brazil starting yellow fever, and the house fly, daily infested with cholera, dysentery or enteric and the typhus-carrying louse doing their deadly work much more effectively than any poisonous weapons, said Professor Lefroy in a recent address.

This would be part of the work of a war office of entomologists—the working out of strategic plans for the distribution of these pests by airplane. It seems that the world is intent upon furnishing an airplane service for these pests, many of which are now held somewhat in check by natural enemies in their native climes. This will give them just the means of transit they have required. It will be a peace-time danger as well as one that could be used very effectively in war. The danger from these winged battalions of death is more serious than one dare estimate.

WARREN RELATES EARLY MOONSHINE EXPERIENCE.

Delegate From Pittsylvania County Went on Raid With Revenue Officers.

C. R. Warren, of Chatham, member of the Virginia House of Delegates from Pittsylvania County, tells the following story of an experience he had with moonshiners in his earlier days before he learned the wisdom of discretion.

"Once when I was young, bold and adventurous I accompanied a posse of revenue officers into the mountains of Southwest Virginia to capture a still."

"There were three of us. After riding all night we emerged from a narrow valley, or rather came to its sharp end at an abrupt precipice. Without warning we rode into the presence of five or six rough-looking mountaineers just preparing to sit down to a rough board table for their breakfast. The table was in the open near the entrance to a rough cave opening."

Moonshiners Not Disturbed. "The mountaineers did not seem disturbed at our approach. Indeed, it appeared to me that they rather expected us. They greeted us cheerily and invited us to dismount and have breakfast with them."

"Our chief negotiated a moment and then ordered compliance. These men appeared civil enough, and were keen for the broiled bacon and steaming black coffee, the aroma of which completed the cordial invitation."

"We dismounted, tethered our horses and took the positions at the table designated for us, which, by the way, placed us apart from each other at various points about the table. Though we saw no firearms about these people or in the vicinity we took the precaution to keep our guns and lay them across our laps while we ate. There was no sign of

a still anywhere, though our chief evidently believed we were being entertained by real moonshiners and that an illicit still was somewhere in the near vicinity.

Friendly Conversation. "The meal progressed without incident except for a jovial and most friendly conversation. But just as we were finishing the clear morning air and stiffness of the mountain was broken by a mellow but clear voice. You gentlemen raise your hands as high as you can get them and sit right quiet."

"As we turned our heads in the direction from whence came the command our hands went up. I was in the act of draining my tin cup of its last few spoons of hot coffee and in raising my hand poured the coffee down the front of my vest. But I will confess that in the excitement of the moment I took no notice of the scald I discovered and remembered this afterward."

"When we turned we beheld standing in the mouth of the cave just a few steps away the most beautiful mountain girl I have ever seen. She was dressed only in a white high-collared, with her feet bare. But the most interesting part of her attire was a double-barreled shotgun resting against her round shoulder and trained deliberately on our heads."

"But you and the men take those guns from the reverend and bring them over here. I will hold the meeting in order while you do it. Now, if one of you men make a move, I will not answer for what may happen to you."

Sat Perfectly Quiet. "Of course we sat perfectly quiet while the men sitting next to us

lifted the guns from our laps, went through our pockets for revolvers, and carried them over to the girl. She ordered that they be unloaded and laid on the ground at her feet. Then she invited us to find our breakfast. We announced that we were already satisfied. She then told us to return our unloaded guns, which we did. Then she and the moonshiners (and I will confess I don't know how many) helped us to direct. You gentlemen can go back the way you came, but there is a shorter route over the mountain to come that way. If you meet some men on the way, you can just tell them that the fun is all over, and they can go back home."

"That was my first and last experience with moonshiners in his native state."

Calomel is a dangerous drug. It is mercury—quicksilver; and attacks your bones. Take a dose of nasty calomel today and you will feel weak, sick and nauseated tomorrow. Don't lose a day's work.

INSTEAD, TAKE

"Dodson's Liver Tone"

There's no reason why a person should take sickening, salivating calomel when a few cents buys a large bottle of Dodson's Liver Tone—a perfect substitute for calomel.

It is a pleasant, vegetable liquid which will start your liver just as surely as calomel, but it doesn't make you sick and can't salivate. Take a spoonful

of Dodson's Liver Tone instead and you will wake up feeling great. No more biliousness, constipation, sluggishness, headache, coated tongue or sour stomach. Your druggist says if you don't find Dodson's Liver Tone acts better than horrible calomel your money is waiting for you. Even children like its pleasant taste.

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Grandma's Powdered Soap

Soak your clothes with Grandma's

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NEW SHIPMENT in these STYLES
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The New Walking Oxford
In All Sizes and Widths
With new arrival of important shipments we are again able to offer this popular, dressy Oxford in all sizes—medium and dark Russia—low prices.
\$10, \$10.50, \$12, \$12.50

New Shipment Daily of Sport Oxfords

Here's the best-liked Sport Oxford of the season—just unpacked, in all sizes and widths, in medium and dark Russia, some with rubber heels. Big value—low prices:
\$10.00, \$10.50, \$12.00, \$12.50

New Arrivals of Walking Heel Pumps

Fresh new stock to replenish inroads made by our wonderful sales of this style—shown now in all leathers, all sizes and width—some with tongue effect—volume prices:
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The Newest Dress Pump
Simple, But Very Smart

Long, slender effect characterizes this Dabney style, which we offer in all the best leathers—big volume—prices lower than elsewhere.
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Another Shipment of the Popular One-Eyelet Ties

This stylish model is now here in a complete run of sizes and widths, welt and turn soles—in patent leather, black glaze kid and demi-calf—volume price:
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Another Blow at H. C. S. (High Cost of Shoes)
300 Pairs of \$10 and \$12 Shoes Less Than
Half Price **\$5.00**

Broken lots of good styles, in French and Walking Heel Pumps and Oxfords, in all leathers. They go on sale tomorrow at only \$5.

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To Match the New Shades.

BOUDOIR SLIPPERS
In Satin and Kid. All Shades.

H. C. L. BULLETIN

Cost of Your Summer Shoes Reduced

3-day Sale Going On.

Newark Shoe Stores have long been doing all in their power to hold down the cost of living. Great volume of buying, economical chain store management and a spirit of service to our customers have combined to make possible shoe values such as no other store can offer.

Fortunate circumstances now present an opportunity to still further reduce shoe prices in this great advance-of-season sale.

Handsome Louis heels oxford made of Blumenthal's white washable skin. Up-to-the minute in style.

Newark

White Kid Pumps and Oxfords

for Women \$4.98

4

You may not need white pumps and oxfords now—but you will in a few weeks—and this is a wonderful opportunity to save on your summer shoes. Hundreds of pairs of these beautiful low shoes—made of the celebrated Blumenthal's White Washable Kid—are included in this special reduction. Full range of sizes. Every shoe perfect.

You will appreciate their quality the moment you see them. Pumps and oxfords such as these are priced up to eight dollars at other stores.

\$8 Washable White Kid Shoes, \$4.48

For Women and Misses

A remarkable bargain in white lace shoes. Made of fine quality, ivory white F. B. C. Kid (nationally advertised) in your choice of Louis or military white covered heels, with white ivory soles.

The great three-day sale is on. Fill your summer needs now

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Phone Westworth 3840 5507-09 Prairie Ave.
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Selling to A. J. Budauser
Address 5723 Michigan Ave.
Salesman J. C. C. Address 5723 Michigan Ave.
1/2 Doz Soap 48
1/2 Doz Butter 75
1 Doz Eggs 75
1/2 Doz Milk 14
1/2 Doz Coffee 40
Grandma's Powder Soap \$1.20 65
2.57

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